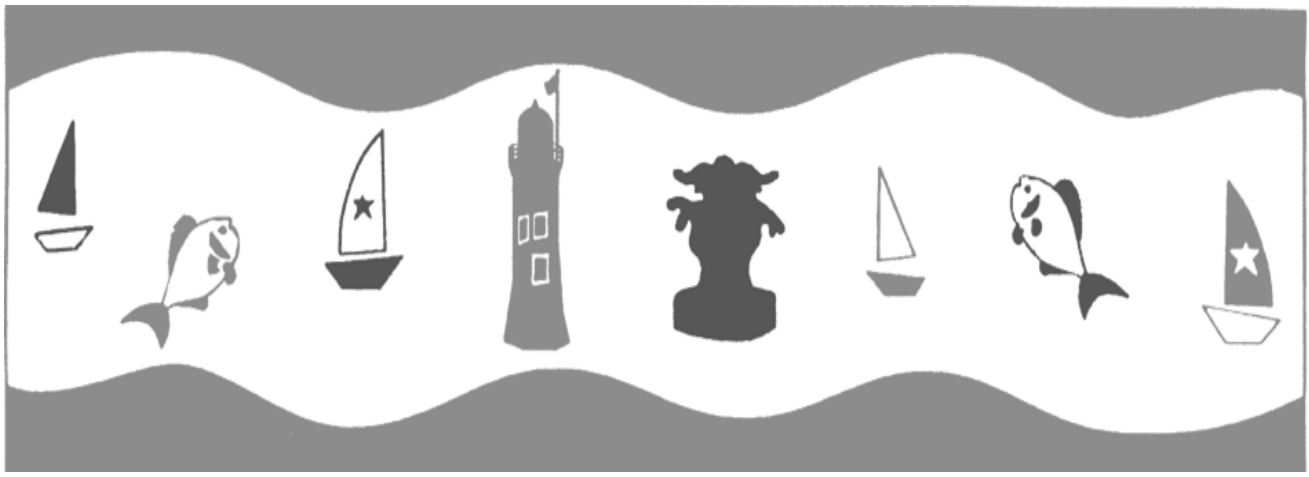


Scituate Recreation SCITUATE, MASSACHUSETTS

Summer & Sailing Program 2014

“Catch the Scituate Spirit”



**Visit the town web site for online registration
www.scituatema.gov/recreation-department**

Scituate Recreation Dept.
Town Hall
600 Chief Justice Cushing Highway
Scituate, MA 02066

Non-Profit Org.
U.S. Postage
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Scituate, MA
Permit No. 56

**POSTAL CUSTOMER
SCITUATE, MASSACHUSETTS**



‘Like Us on Facebook’

MAIL: 600 Chief Justice Cushing Hwy.
Scituate, MA 02066
OFFICE: Scituate High School
(NEXT TO TENNIS COURTS)

Monday-Thursday, 8:30a.m. to 4:30p.m.
Friday 8:30a.m. to 11:45 a.m.
781-545-8738 (phone)
781-545-6990 (fax)

RECREATION STAFF:

Jennifer M. Vitelli, **M.B.A., CPRP; Co-Recreation Director**
Maura Glancy, **Co-Recreation Director**
Nick Lombardo, **Registrar**
Jean Sullivan, **Recreation Clerk**
Paul Sharry, **Field Coordinator**

RECREATION COMMISSION:

Christopher Roberts, **Chairman**
Robert McCarry, Erik Richman, Stephen Svensen, &
David Smith.
Associate Members: William Blake, Jamie Noonan, Ellen
Carr, Brian Stewart

The Mission of the Scituate Recreation Department is to provide exceptional and creative programs, services and facilities (such as beaches, ball fields and playgrounds) that foster community spirit and involvement while enhancing the quality of life for all people in Scituate.

POLICIES AND PROCEDURES

* SUMMER PROGRAM REGISTRATION WILL OPEN **TUESDAY, APRIL 1, 2014 AT 7:00 PM AT**
WWW.SCITUATEMA.GOV/RECREATION-DEPARTMENT

* PLEASE TAKE THE TIME TO SET UP YOUR FAMILY ACCOUNT BEFORE PROGRAM REGISTRATION OPENS. THIS WILL SAVE YOU TIME WHEN YOU REGISTER.

* Should you be unable to register on-line at home, Scituate Recreation will be open to input your registration from 7:00 p.m. to 8:00 p.m. however; there is no advantage to walking in. Thereafter, the Recreation Department will be able to help with registration concerns during our regularly scheduled hours.

1. Mail-in registration for residents will be accepted **starting WEDNESDAY, APRIL 2, 2014**. Check or money order should be made payable to Town of Scituate. Include a registration form with your check.

2. When registering for a program, full payment is expected. **A minimum deposit of half of total amount is due at the time of registration and any outstanding balance must be paid before the program begins.** If this is a problem, please call and make an appointment to work out a payment plan.

3. The Recreation Department reserves the right to consolidate, postpone or cancel a program/trip for any reasonable cause.

4. **REFUND POLICY:** If notification of withdrawal is 2 weeks prior or more to start of class, a full refund will be issued minus a \$15 processing fee. If notification is less than 2 weeks prior to start of class, a credit will be applied to your account minus \$15 processing fee. Notification for withdrawal must be in writing, emails will be accepted. Once the class has begun, we maintain a NO REFUND policy.

5. All fees are payable in advance to Town of Scituate. A person is registered only when they have registered online or a check or cash and a registration form is received in the Recreation Office.

6. No confirmations are sent. Please note all information on your calendar. You may call us to confirm your mail-in or drop-off registrations.

7. **Need financial assistance...Just Ask!**

8. Proper behavior in Recreation programs is expected at all times. If improper behavior cannot be corrected after the first occurrence, then participant will be notified that he/she will have to be excused from further Recreation programs.

9. Registration for non-residents will begin **TUESDAY, April 8, 2014**. Non -residents may register for programs and be allowed to participate subject to space availability and will be charged an additional \$5.00 registration fee.

10. The Town of Scituate Recreation Department does not provide accident or hospitalization insurance for any program participants. Therefore, participants are strongly advised to have adequate personal coverage.

Reminder: Mail-in registrations will be processed AFTER the initial online registration.

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SCITUATE SUMMER RECREATION:

**Philosophically, the following programs have three primary goals:
To Nurture, to Enrich and to have Fun!**

LITTLE PEOPLE SUMMER PROGRAM: Scituate Recreation's Little People Room (our room is air conditioned) at Scituate High School. Director: **Kathleen McCarthy** and staff will run this program. (Ratio 1:3) This program focuses on creative enrichment for the **3- to 5-year-old toilet independent child**. This is a drop-off program; parents do not stay with their child. Little People will meet from 8:45 A.M. to 11:45 A.M. each morning. Participants may choose from two 2-day programs, either Monday/Wednesday OR Tuesday/Thursday or all 4 days. The daily schedule includes water fun, arts and crafts, story time, age appropriate games and trips to the Sea Side Fun Playground. Low participant to counselor ratios ensure a pleasurable environment for each child. Special performances are held every week. Each day has a different theme; no two days are the same. There will be two 3- week sessions. Participants should bring a snack and water bottle. Fee includes t-shirt and all activities.

Session I: June 30 through July 17, 2014

(1179): Monday & Wednesday 8:45 am – 11:45 am

Fee: \$155 per participant

(1180): Tuesday & Thursday 8:45 am – 11:45 am

Fee: \$155 per participant

***For a full week, enroll in both codes**

Session II: July 21 through August 7, 2014

(1181): Monday & Wednesday 8:45 am – 11:45 am

Fee: \$155 per participant

(1182): Tuesday and Thursday 8:45 am – 11:45 am

Fee: \$155 per participant

***For a full week, enroll in both codes**

MORNING ADVENTURE CLUB: Scituate Recreation's Multi-Purpose Room (our room is air conditioned) in Scituate High School. Director **Trevor Schattgen** and his staff will facilitate this program. (Ratio: 1:6). This is a program for the **Kindergartener (Must be age 5 by August 31, 2014) through Third Grade** child who is looking for a fun-filled structured day. The program runs three mornings a week (Mon, Tues, and Wed., from 9 A.M. to noon) and one full day (Thursday, 9 A.M. to 2:00 PM). The extended day on Thursday is to allow for age appropriate field trips. Field trips include South Shore fun spots. Regular program days are filled with music, games, dramatic play and arts and crafts. Also, we will be joined weekly with special guests. Each day has a different theme; no two days are the same. There will be two 3-week sessions. Fee includes t-shirt and all activities.

(1183): Session I: June 30 through July 17, 2014

Mon, Tues, Wed. 9:00 am – 12:00 pm

Thurs. 9:00 am – 2:00 pm

Fee: \$300 per participant

(1184): Session II: July 21 through August 7, 2014

Mon, Tues, Wed. 9:00 am – 12:00 pm

Thurs. 9:00 am – 2:00 pm

Fee: \$300 per participant

YOUNG PEOPLE DAY PROGRAM: Scituate Recreation's Multi-Purpose Room (our room is air conditioned). Director: **Brian Hurcombe** and his staff will facilitate this program (Ratio: 1:7). This fun-filled program is for children entering **first through sixth grade**. It meets for five full days per week. The program features a beach excursion each Wednesday to Humarock Beach, as well as a field trip each Friday. Regular program days are filled with arts and crafts, games, nature, sports, music and plenty of outdoor play. Also, there will be weekly special performances. Each day has a different theme; no two days are the same. There will be two 3-week sessions. Participants should bring a snack, lunch and a water bottle. Fee includes t-shirt and all activities. **NO CLASS JULY 4, 2014.**

(1185): Session I: June 30 through July 18, 2014

Monday - Friday 9:00 am - 2:00 pm

Fee: \$385 per participant

(1186): Session II: July 21 through August 8, 2014

Monday - Friday 9:00 am - 2:00 pm

Fee: \$410 per participant

NEW! COACH MIKE'S GAMEDAY SPORTS ADVENTURE: Scituate Recreation. Students entering grades 6th through 9th will participate in this sports program filled with a variety of sports activities and exciting field trips. Wednesday and Friday will be on site sports activities and tournaments. Thursday's are field trip days with extended hours. The participants will compete in various games each morning, but every day will feature a different sports tournament the kids will compete in such sports as: soccer, flag football, wiffle ball, dodge ball, street hockey, basketball, and Jr. Olympics. Certificate awards will be given out and the teams will be different each event. Potential field trips visits include PawSox, rock climbing, kayaking, paintball. **Wednesday & Friday (on-site) 9:30 am to 2:30 pm / Thursday (field trip day) 9:30 am to 2:30 pm (Potential EXTENDED hours due to field trips. *Detailed schedule to follow*)**
(1277): July 16 through July 25, 2014
(1278): July 30 to August 8, 2014 **Fee: \$155 per participant each code**

ALL-STARS

For all of the All-Star Programs, if your child needs access to medications, please be aware that there is no nurse on-site. Parents are responsible for assuring the appropriate information is provided to the instructors. Instructors cannot dispense medication or perform testing. All staff is certified in CPR and first aid. If there is an emergency, 911 will be called. Parents seeking further accommodations that are necessary to allow their child to access a CORSE program or activity should contact the Scituate Recreation Department. Please be advised that the age groups outlined for the camps are guidelines, if you have questions on the most appropriate camp for your child, please contact us. August 11 through August 15, 2014 (Mon-Fri, 8:30 am to 1:30 pm)

ALL-STARS TEEN SUMMER EXTREME: SHS Small Gym. Back by popular demand! Scituate Recreation and C.O.R.S.E. (Community of Resources for Special Education) are proud to be bringing back this exciting summer program for our teens! Participants will enjoy a variety of activities that are geared towards building teen-based social interactions. Teen Summer Extreme runs **for one week for participants ages 15+**. All activities can be enjoyed by participants of all abilities - any teen who would enjoy a positive, more relaxed summer experience as well as providing facilitative assistance for teens identified with learning disabilities or special needs. This program will be a combination of summer field trip excursions and on-site group activities. Participants should bring a snack, lunch, extra drinks and sun lotion. Fee includes t-shirt and all activities. CORSE sponsored programs have a 3:1 (student to staff) ratio.
(1187): August 11 through August 15, 2014 (Mon-Fri, 8:30 am to 1:30 pm) **Fee: \$255 per participant**

ALL-STARS TWEEN SUMMER EXTREME: SHS Small Gym. Scituate Recreation and C.O.R.S.E. (Community of Resources for Special Education) is offering a new summer camp option for our tweens! Participants will enjoy a variety of activities that are geared towards building tween-based social interactions. Tween Summer Extreme runs **for one week for participants ages 11-14**. All activities can be enjoyed by participants of all abilities - any tween who would enjoy a positive, more relaxed summer experience as well as providing facilitative assistance for tweens identified with learning disabilities or special needs. This program will be a combination of summer field trip excursions and on-site group activities including sports, gym activities, arts & crafts, water - play, etc. All children will benefit from a non-competitive environment, in which they are provided with instruction, skill practice and promoted to use good teambuilding and sportsmanship. The main emphasis of the camp is for children of all abilities to have an enjoyable summer social "recreation" experience. Participants should bring a snack, lunch, extra drinks, sun lotion and a bathing suit. Fee includes t-shirt and all activities. CORSE sponsored programs have a 3:1 (student to staff) ratio.
(1188): August 11 through August 15, 2014 (Mon-Fri, 8:30 am to 1:30 pm) **Fee: \$255 per participant**

ALL-STARS SUMMER YOUTH PROGRAM: Scituate Recreation's Multi-Purpose Room (our room is air conditioned). Scituate Recreation and C.O.R.S.E. (Community of Resources for Special Education) are proud to continue their SUMMER ALL STARS for 2014. Held in a structured professionally supervised setting to create an environment where children will have a fun, successful experience while participating in a variety of sports, gym activities, arts & crafts, water - play, story time, etc. We will be joined with special guests and performers and culminating in a field trip for the kids to enjoy! Each day has a different theme; no two days are the same! The program runs **for one week for ages 6 to 10**. This program is geared toward any child who would enjoy a positive, more relaxed camp experience as well as providing facilitative assistance for children identified with learning disabilities or special needs. All children will benefit from a non-competitive environment, in which they are provided with instruction, skill practice and promoted to use good teambuilding and sportsmanship. Activities are broken down and basic skills and rules are taught to the participants. The kids can pursue the activities at their own pace. The main emphasis of the camp is for children of all abilities to have an enjoyable summer social "recreation" experience. Participants should bring a snack, lunch, extra drinks, sun lotion and a bathing suit. Fee includes t-shirt and all activities. CORSE sponsored programs have a 3:1 (student to staff) ratio.
(1189): August 11 through August 15, 2014 (Mon-Fri, 8:30 am to 1:30 pm) **Fee: \$255 per participant**

ALL-STARS MARITIME ADVENTURES THROUGH ACCESSPORT AMERICA: Marine Park (Edward Foster Road) Along with the Scituate C.O.R.S.E. Foundation, we are sponsoring Maritime Adventures, an innovative water sports program. This program is open for children 6 - 22 years of age. During the week-long camp, the athletes will build skills in adaptive windsurfing, Hawaiian outrigger canoeing, sailing and stand-up paddling. The week will culminate on Friday with a team outrigger canoe race. This camp will provide specialized instructors and equipment from AccessPort America, www.accessportamerica.org. Participating students can be non-ambulatory, non-verbal and do not need to know how to swim. If the weather is simply intolerable, we will run a conditioning and soccer clinic during that session time. **CORSE sponsored programs have a 3:1 (student to staff) ratio.**

Department Registration guidelines are as follows:

75% of slots are reserved for children receiving special education services (on an IEP or 504 plan). These slots will remain reserved until June 1st. After June 1st, it is a first come, first serve basis for registration. For the 25% slots not reserved, these slots are open to any child, regardless of need. Slots will be filled first come, first served.

July 21 through July 25, 2014 (12 spots per time slot)

(1190), (1191): 10:00 am to 11:30 am

(1194), (1195): 11:45 am to 1:15 pm

(1192), (1193): 2:00 pm to 3:30 pm

(1196), (1197): 3:45 pm to 5:15 pm

Fee: \$155 per participant

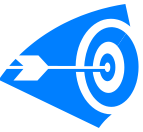
ALL-STARS SUMMER GAMES SPECTACULAR: Scituate Recreation's Multi-Purpose Room This sports and game program will provide children a weekly fun, non-competitive physical and team-building activity that allows them to enjoy an evening out with peers! Each week will have a different theme: basketball, baseball, soccer, running, karate culminating in a family trip to the beach to enjoy relaxed beach games and dinner (*site to be determined, family will be responsible for dinner cost at beach or designated restaurant*). Many of our FAVORITE coaches and staff are participating in their designated sport!!! This program will provide facilitative assistance for children with special needs. Students who enjoy a non-competitive sports activity are also encouraged to attend.

Open to children grades 1-8 (ages 6-14 years). 6 weeks.

(1198): Tuesdays: July 1 through August 5th, 2014 from 5:00 pm to 6:30 pm

Fee: \$70 per participant

OLYMPIC ARCHERY: Scituate High School Tennis Courts. Archery is fun! Learn Olympic Archery through a fun, safe and nationally recognized program. This program is a precursor to the JOAD program. Children will learn proper shooting technique and range safety. This program helps to build focus, patience and self-confidence. Focus is on individual achievement and fun games. All equipment is provided.



Instructor: David McCarthy and his staff are USAA certified instructors. Ages: 8—15 years old

Monday through Thursday: July 14 through July 17, 2014

(1199): Beginner Class, 12:00 pm to 1:30 pm

(1200): Intermediate Class, 1:45 pm to 3:15 pm

Fee: \$105 per participant

NAUTICAL MILE (TRACK CLUB): Scituate High School Track. A track program designed to prepare runners grades 3-9. All abilities welcome. The program will be designed to help improve the fitness level of young athletes seeking to compete in XC and track, as well as other fall sports such as soccer, field hockey and more. Workouts will include a variety of training approaches from interval training, aerobic endurance runs, tempo runs and both dynamic and static stretching warm ups and cool downs prior and post exercise. A basic sampling of core strength exercise such as sit ups, pushups and lunges will be incorporated to aid in conditioning. Coach: Brian Stewart (*No rain make-ups*)

(1201): Mondays & Wednesdays: June 2 through August 13, 2014 from 5:30 pm to 6:45 pm

Fee: \$85 per participant

WRESTLING: OPEN MAT: Scituate High School Small Gym. This is a great opportunity for all local Middle and High School Wrestlers to get in a good workout, advance their skills and have some fun. Sessions will begin with a quick warm up. Attendees will be grouped as closely as possible by weight & age. The wrestlers in each group will wrestle a round robin pattern in one, two or three minute rounds. **Maximum number of participants: 20. Ages: at least 12 but less than 19. Coach Brian Robinson. 5 weeks**

(1202): Mondays: July 14 through August 11, 2014 from 5:30 pm to 6:30 pm

Fee: \$25 per participant



SAILING REGISTRATION

**Online Registration for RESIDENTS Opened: Tuesday February 25th, 2014 at 7:00 PM
(Non-resident Online Sailing Registration begins April 28th at 9:00 AM)**

Our Goal: To provide many participants the opportunity to experience the joy of sailing!

Classes meet at the Mass Humane Boat House on Edward Foster Road located in the Marine Park. Participants must be able to swim 100 yards in a safe and competent manner. All participants are expected to wear sneakers & Flotation Device (C.G. approved life jacket). **ALL SAILING PROGRAMS MEET RAIN OR SHINE.** Classes run Monday through Thursday (we will have one indoor rainy-day class; if it rains for more than one day we will hold a makeup class on Friday). **PLEASE NOTE: The first week of Sailing is subject to change due to the amount of snow days/school cancellations.**

LEVEL I MERCURY (Ages 9-Adult) – FEE \$130

Lessons are taught on 15 foot Cape Cod Mercury keels, which are stable, hearty sailboats and are great for beginner/ intermediate sailors. The class will focus on parts of the boat, points of sail, right of way, as well as fostering teamwork. This is a program that can be taken for multiple years.

MORNING CLASSES AFTERNOON CLASSES

8:00 am – 11:00 am / 12:00 pm – 3:00 pm

(1126): 6/23/14 – 6/26/14 :(1130)
(1131): 6/30/14 – 7/03/14 :(1132)
(1133): 7/07/14 – 7/10/14 :(1134)
(1135): 7/14/14 – 7/17/14 :(1136)
(1137): 7/21/14 – 7/24/14 :(1140)
(1144): 7/28/14 – 7/31/14 :(1145)
(1146): 8/04/14 – 8/07/14 :(1147)
(1148): 8/11/14 – 8/14/14 :(1149)

LEVEL II MERCURY(Ages 11-Adult)- FEE \$225

This afternoon program will be a two week session designed for the ambitious sailor who is ready to make the commitment to becoming a stronger sailor.

This class will focus on strengthening sailing techniques and teamwork; giving a head start on skills applied in the 420 class. This class is tailored to the serious sailor with two or more years of sailing.

3:15 pm - 5:45 pm

(1150): 6/23/14 – 7/03/14
(1151): 7/07/14 – 7/17/14
(1152): 7/21/14 – 7/31/14
(1153): 8/04/14 – 8/14/14

***Please See the Description for
Take Your Parents Sailing Night!
On the next page***

LEVEL I INTRODUCTION 420'S – FEE \$305

This course is designed for both beginner and intermediate 420 sailors. The two week Session will include wind awareness, sailing terminology, points of sail, tacking and gybing on these racing boats.

This course is designed to teach students with little to no experience to students who are proficient in all points covered in the 420 Level one course.

MORNING CLASSES AFTERNOON CLASSES

8:00 am – 11:00 am / 12:00 pm – 3:00 pm

(1154): 6/23/14 – 7/03/14 :(1155)
(1156): 7/07/14 – 7/17/14 :(1157)
(1158): 7/21/14 – 7/31/14 :(1159)
(1160): 8/04/14 – 8/14/14 :(1161)

LEVEL II 420 RACING PROGRAM – FEE \$225

Prerequisite required: Year of Level I 420's

The program is designed for the 420 sailor who is looking to improve and acquire racing skills. This serious sailor will be asked to build upon the fundamental skills they have acquired within the past and will put forth in racing situations. The instructor reserves the right (if necessary) to move a participant to Level I if he or she is not ready for Level II.

3:15 pm - 5:45 pm

(1162): 6/23/14 – 7/03/14 (1163): 7/07/14 – 7/17/14
(1164): 7/21/14 – 7/31/14 (1165): 8/04/14 – 8/14/14

Take Your Parents Sailing Night

If your child is enrolled for the Mercury class, have them show you what they learned by taking you, along with an instructor, out for a sail around the harbor in one of the mercurys. We ask that you register a week of completing the class. It can be the same week as the lesson or the following week.

Fee for both parent and child is \$25.00 per evening

**THURSDAY
5:30 pm to 7:00 pm**

(1166): 7/10/14
(1167): 7/17/14
(1168): 7/24/14
(1169): 7/31/14
(1170): 8/07/14



J-24 Sailing (Adult) – Fee \$120

Come sail with us! Let's explore our beautiful harbor and our exquisite coastline. This adult program is open to all levels of sailing. The class is triggered towards teaching cruising skills with also the opportunity to race in the PHRF Wednesday Night Race Night. This program will meet on **Thursday and Tuesdays** for two weeks (starts on Thursday). Classes meet at the Mass Humane Boat House on Edward Foster Road located in the Marine Park. Participants must be able to swim 100 yards in a safe and competent manner. All participants are expected to wear sneakers & Flotation Device (C.G. approved life jacket).

5:30 pm to 7:30 pm

(1138): 6/19/14-7/01/14 (1141): 7/10/14-7/22/14
(1142): 7/24/14-8/05/14 (1143): 8/07/14-8/19/14

SUMMER KRAFT TIME: Scituate High School Teacher's Lounge (inside SHS cafeteria) Parents, here is the perfect solution to the 'dog days of summer' when kids are looking for something to do! Join us for a fun and stimulating arts and crafts program for boys and girls registered for Kindergarten - 6th Grade. Children will enjoy creating a variety of 'hands-on' craft items; each day of the 4-day workshop will focus on different themes. So, allow us to do the clean up and let your child not only show their creative side but also, make new friends while indulging in beads, paint, glue, glitter and more! All materials and supplies included. Participants should bring a snack and water bottle. **Instructor: Cheryl DiTommaso**

(1203): Monday through Thursday: August 11 through August 14, 2014 from 10:00 am to 12:30 pm

Fee: \$95 per participant

SCITUATE PLAY HOUSE "ONE-WEEK" SUMMER MUSICAL

"The Summer of '66" --- The New Musical Comedy about the Sixties.

Ideal for actors grades 4-8. It's only 5 days, but it's the best week of the summer. Because in just one week, this student-driven acting program lets you dive into all aspects of theater. Laugh with new friends and be part of something that's created by you. Yes, it's intense -- acting, singing and dancing, but the Friday night performance on the SHS stage is awesome. Written & Directed by Miss Kathy Boluch.

"THE SUMMER OF '66": On idyllic Minot Beach, two groups are battling for their section of the beach. The Surfers, a "cool" longhaired gang, are surfing and playing their music. The Schooners, a privileged gang of teens whose families belong to the nearby exclusive Schooner Club, act like they own the beach. The battle over the right to surf on Minot Beach follows. Set in the year 1966; be ready to take on the music, style and "scene" of 1966!

[You'll receive the script in advance]

(1204): 10 male roles/ (1205): 15 female roles, Fee: \$200.00 per actor

Auditions: Saturday (Scituate Rec Multi-Purpose Room) 6/21/14: 1:30 pm to 4:30 pm

Casting Results: By June 30. Actors have 7 weeks to memorize their lines.

Rehearsals: Monday through Friday (SHS Auditorium) 8/11– 8/ 15/14: 9:00 am to 3:00 pm

Dress Rehearsal & Performance Friday (SHS Auditorium) 8/15/14

Friday Dress Rehearsal: 9:00 am to 12:00 pm (Early pick-up Day)

Actors Return: 6:00 pm

Final Performance: 7:00 p.m. (Free Admission)

Please note: There is no parent involvement other than providing your actor's transportation, lunch/snack and costume(s). Food and drink are not permitted in the SHS auditorium.

SPORT OF FENCING: Scituate High School Cafeteria. This instructional course will be offered to boys and girls (grade 1 and up). This course is for any person who wants to learn, practice, and improve in all aspects of the sport. Footwork, blade work, and bouting skills will be taught. **Instructor: Jim Mullarkey.**

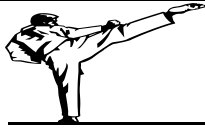
Monday through Friday: July 21 through July 25, 2014

(1206): Beginner (no experience): 8:00 am - 10:00 am

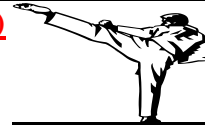
(1207): Intermediate (1 yr. or less of instruction) 10:00 am - 12:00 pm

(1208): Intermediate II (1 yr. + of instruction) 12:30 pm - 2:30 pm

Fee: \$115 per participant



Pan Gai Noon (Half Hard, Half Soft)
KUNG FU + TAI CHI



The Pan Gai Noon School has been in Scituate for 28 years under the direction of Sifu Cole Hawkins. We offer a core program with three martial art styles laced together: (Uechi Ryu Karate, Bak Sil Lum (Northern ShaoLin) & Praying Mantis Kung Fu. We also offer traditional Tai Chi. These arts and athletic activities are practiced by millions of people around the world and offer a complete self-defense and physical conditioning experience. There are classes for all: ages 6+ boy or girl, adults and seniors. Please see class description. Registration is available on-line or in the Recreation department or come to the first class to sign up.

Classes are located in Scituate Recreation's Multi-Purpose Room

EXECUTIVE KUNG FU FOR ADULT AND TEEN (KARATE)

Classical Kung Fu for the adult and teen (14 and up) who wants something more in their life. Class ranges from breathing techniques for energy and circulation to core exercises similar to Pilates and Yoga. Kung Fu and traditional karate training mixed with 'cardio boot camp' and equipment training for total fitness. Self-defense and personalized training you can practice at home. All levels welcome! **8 weeks.**

(1209): Wednesdays: July 9 through August 27, 2014 from 6:00 pm-7:30 pm

Fee: \$100

TAI CHI – INTERNAL ARTS

This class is recommended for the man or woman looking for more internal training with soft movements. Class involves breathing techniques for energy and circulation called (Chi Kung) (with gentle stretching). This class offers Tai Chi training from beginner to advanced, in the traditional Yang style with endless benefits over time. Progression helps with relaxation, circulation health, body balancing and posture. These soft and gentle movements are practiced by millions of people around the world in parks and places of peace. Tai Chi is beneficial for your mind, body, and spirit. **8 weeks.**

(1210): Tuesdays: July 8 through August 26, 2014 from 6:00 pm-7:30 pm

Fee: \$125

CHILDRENS KUNG FU 6-9 YEAR OLDS I

For the beginning student this is a fun, structured introduction to the formal training of Kung Fu. Great for development of self-esteem, balance, physical fitness and basic self-defense skills. Class includes stretching, cardio exercise and Kung Fu instructional periods. **8 weeks.**

(1211): Mondays: July 7 through August 25, 2014 from 4:50 p.-5:50 pm

Fee: \$70

CHILDRENS KUNG FU 6-9 YEAR OLDS II

This class is structured for the beginning student after a session or two who has achieved one stripe or better. This class is more directed towards individual training or small group training. Individuals will be given more directed training as they progress. **8 weeks.**

(1212): Tuesdays: July 8 through August 26, 2014 from 4:50 pm-5:50 pm

Fee: \$70

JUNIORS KUNG FU (KARATE) 10-13 YEAR OLDS

Age appropriate training from beginner to advanced with more directed instruction as student progresses. **8 weeks.**

(1213): Wednesdays: July 9 through August 27, 2014 from 4:50 pm –5:50 pm

Fee: \$70

MINI-HAWK: (soccer, baseball & basketball): Scituate Recreation Multi-Purpose Room .



This baseball, basketball, and soccer program. gives young children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. **Monday through Thursday on the following dates:**

(1215): Pre-School (ages 4 & 5)

June 9 through June 12, 2014

9:00 am - 12:00 pm

Fee: \$110 per participant

(1214): Kindergarteners (ages 5 & 6)

June 16 through June 19, 2014

9:00 am - 12:00 pm

CO-ED BASKETBALL CLINIC: SHS Large Gym. For the thirteenth year, we will offer this instructional clinic to both boys and girls. It is for any player who wants to learn, practice and improve all aspects of their game. Basic individual offensive and defensive skills will be taught. Players will be placed on teams and will compete against players of similar ability. All participants are expected to understand that it will be a challenging week intended to teach all facets of basketball. Bring a lunch and a good attitude. **Coach: Matt Poirier** assisted by the best basketball coaches on the South Shore, as well as great guest speakers every day.

FOUR DAY PROGRAM

(1216): Grades 3 & 4 Mon, Tue, Thurs & Fri. 7/7 -7/11/14 from 8:00 am – 2:00 pm

Fee: \$145 per participant

FIVE DAY PROGRAM

(1217): Grades 5 & 6 Mon. - Friday 7/21 – 7/25/14 from 8:00 am - 2:00 pm

Fee: \$180 per participant

(1218): Grades 7 & 8 Mon. - Friday 7/28 – 8/01/14 from 8:00 am - 2:00 pm

(1219): Grades 9 –12 Mon. - Friday 8/04 – 8/08/14 from 10:00 pm - 4:00 pm



CO-ED SOCCER CLINIC: Scituate High School Turf Field. This is a one-week instructional soccer clinic.



Participants will be taught the fundamentals of soccer including: dribbling, heading, kicking, passing, trapping, goal tending and basic soccer rules. **Debbie Beal** and assistants will run the clinics. Participants should bring a snack, lunch, sunscreen and water bottle.

Monday through Friday: July 14 through July 18, 2014

(1220): Grades K-2 8:00 am - 10:30 am

Fee: \$70 per participant

(1221): Grades 3-5 11:00 am - 2:00 pm

Fee: \$85 per participant

SUMMER BASEBALL CLINIC: Scituate High School Baseball Fields. Grades 2-6. Our Baseball clinic is committed to the proper training and fundamentals of the great game of Baseball. It is our goal that when you leave one of our clinics that you not only leave being a better baseball player but a better person overall. Our instructors teach first and coach second. Our philosophy will always emphasize the correct mechanics and fundamentals but will never forget about how much fun the game of Baseball really can be! Varsity Baseball Coach, **Coach Parkins** along with the Scituate High School baseball coaches will run the clinic. Please bring a snack, lunch and a great attitude ready to play the game of baseball.



(1222): Monday through Friday, August 11 through August 15, 2014 8:00 am- 2:00 pm

Fee: \$140 per participant

FIELD HOCKEY CLINIC: Scituate High School Turf Field. This is a three- day field hockey clinic this summer, run by the high school field hockey coaches along with current varsity players. This clinic is open to all students entering 5th through 9th grade. Participants will develop basic Field Hockey skills and techniques along with learning the rules of the game. Participants will need to bring a stick, shin guards, cleats, a mouth guard, water, and a snack. In the event of rain please also bring a pair of sneakers. A limited amount of sticks are available if needed. **Instructed by Scituate Varsity Coach Sarah Paster and JV Coach Shawna Burkhardt.**

(1223): Wednesday through Friday, June 25 through June 27, 2014 4:00 pm to 7:00 pm

Fee: \$85 per participant

TAP & TUTUS W/ MISS TRACEY: Scituate Recreation Multi-Purpose Room. Instructor is Tracey O'Brien, certified by Test to Teach. She is a member of DMA and DTCB. These are **8 week programs**. Clothing suggestions: Leotard, tights, ballet slippers and tap shoes of any color. *Last day of class parents should attend and bring their cameras for a demonstration.



Saturdays: June 14 through August 2, 2014 (8 weeks)
(1224): Age: 2, 10:30 am to 11:00 am Fee: \$45 per participant

Parent and child will stretch with music, sing songs and dance, plus tumble on mats - no tap shoes, just tutus.

(1225): Ages: 3-5, 11:00 am to 12:00 pm Fee: \$85 per participant

This is a 1-hour progressive instructional program, it will meet once a week and it will include ballet, tap, jazz and dance acrobatics.

ACROBATICS W/ MISS TRACEY: Scituate Recreation Multi-Purpose Room. Come have fun with tumbling, muscle development and coordination skills. Kids will learn fun ways to build strength and flexibility. Activities will also include hula hoops, streamers and scooters. Learn basic skills on balance beam and trampoline. Great for boys and girls!

Wear loose-fitting clothing and/or leotards. **Instructor: Tracey O'Brien. 8 weeks**

Saturdays: June 14 through August 2, 2014 (8 weeks)

(1226): Ages: 6-8 years old, 12:15 pm to 1:15 pm Fee: \$85 per participant

BABYSITTING COURSE: Scituate High School Teacher's Lounge. This three-hour course is designed to assist 5th-8th graders in being better babysitters and knowing the do's & don'ts of being home alone. The course will cover information on child development, basic first aid, changing diapers, feeding children, staying home alone safety & the overall responsibilities of babysitting. **Registered Nurse, Melissa Thompson, Instructor.**

(1227): Thursday, June 26, 2014 9:15 am– 12:15 pm

Fee: \$25 per participant



NEW! CLAMMING ON THE NORTH RIVER: Meeting place TBA. The Recreation Department is teaming up with Scituate's Shellfish Officer, to bring a group of people on a guided clamming experience up the North River. The boat will leave the dock on May 3, 2014 at 8:45 a.m. sharp. Please be on time we are in coordination with the ocean tides. **The requirements are; a Scituate Clamming License (which can be purchased at Scituate's Clerks Office at Town Hall), a clamming fork and a bucket.** We promise to explain the technique of clamming as well as the etiquette of shell fishing. Start looking up your favorite receipts.

Limited to 10 participants.

(1228): Date: Saturday, May 3, 2014

Time: 8:45 am (about a 2.5 hour trip in total)

Fee: FREE



SAFETY EDUCATION

CPR/AED HEALTHCARE PROVIDER: Scituate Fire Headquarters, 149 First Parish Rd. Min.6/ Max.12 We will offer a Healthcare Provider CPR class. This class is appropriate for nurses, doctors, EMT's, and nursing students. This class covers defibrillation, adult, child, infant CPR for the **Healthcare Professional**. This is a two-year certification.

Instructor: Mark Donovan.

(1229): Thursday: June 26, 2014 at 7:00 pm

Fee: \$60

FIRST AID: Scituate Fire Headquarters, 149 First Parish Rd. Min. 6/ Max. 12. Receive a 2-year certification from the American Heart Association. Learn what to do in everyday emergencies. This class covers infant, child and adult emergencies. **Instructor: Mark Donovan**

(1230): Wednesday: July 23, 2014 at 7:00 pm

Fee: \$55

CPR AMERICAN HEART ASSOCIATION HEARTSAVER: Scituate Fire Headquarters, 149 First Parish Rd. Min. 6/Max 12. Designed for the responder who requires a credential card documenting successful CPR course completion; covers adult, child, infant CPR (if you are a healthcare provider, see below). Includes new text and 2-year certification card. **Instructor: Mark Donovan.**

(1231): Wednesday: August 20, 2014 at 7:00 pm

Fee: \$55



GOLF PROGRAMS **For Children, Teens, and Adults!**



INTRODUCTORY JUNIOR GOLF PROGRAM: Widow's Walk, Golf Course. (AGES 8-14) This is an introduction to golf touching on rules and etiquette. Basic instruction for putting, chipping, pitching, and the full swing. A skills competition will complete each session. The mission of the program is to provide exposure to the game of golf with age appropriate skills development and rules and etiquette instruction, as well as rewarding accomplishment and participation in an enjoyable atmosphere. The development of enthusiasm and love for the game of golf is the benchmark used to judge the success of the program. **Sub-grouped by age and/or request. Student: Teacher ratio- 8:1.**

Limited to 32 participants per session.

Tuesdays: June 24, July 1, 8, 15 (Rain date –July 22)

(1232): 11:15 a.m. – 1:00 p.m.

Tuesdays: July 29, August 5, 12, 19 (Rain date –August 26)

(1233): 11:15 a.m. – 1:00 p.m.

Fee: \$80 per participant

INTERMEDIATE JUNIOR GOLF PROGRAM: Widow's Walk Golf Course. (AGES 9-15) This program is a continuation of the introductory program with a more technical instructional approach. A skills competition will complete each session. The mission of the program is to provide an environment for motivated students to advance their golf games to a higher level. This program will continue to foster enthusiasm with the addition of new material and less distractions from unmotivated students. **Prerequisite:** Successful completion of an Introductory Junior Program with an above average level of skill and motivation. **Student: Teacher ratio- 8:1. Limited to 32 participants per session.**

Tuesdays: June 24, July 1, 8, 15 (Rain date –July 22)

(1234): 9:00 am - 10:45 am

Tuesdays: July 29, August 5, 12, 19 (Rain date -August 26)

(1235): 9:00 am - 10:45 am

Fee: \$80 per participant

INTRODUCTORY ADULT GOLF: Widow's Walk Golf Course (ages 18 and over) Student to teacher ratio 8:1. This introductory lesson series consists of (5) one hour sessions. Focus will be on pre-swing fundamentals, putting, and full swing mechanics. We will also touch on golf course orientation, rules, and etiquette. The course is tailored to the beginner golfer. **5 weeks**

Thursdays: June 12, 19, 26 & July 10, 17 (Rain date -July 24) (No Class July 3rd)

(1237): 5:30 p.m. – 6:30 p.m.

(1238): 6:30 p.m. – 7:30 p.m.

Mondays: July 28, August 4, 11, 18, 25 (Rain date -September 8)

(1239): 6:30 p.m. – 7:30 p.m.

Fee: \$80 per participant

INTERMEDIATE ADULT SHORT GAME SERIES: Widow's Walk Golf Course (ages 18 and over)

Student to teacher ratio 6:1. This intermediate lesson series consists of (5) one hour sessions, tailored to experienced golfers or students that have completed an introductory golf program. One session will be dedicated to each of the following golf topics: Putting, Chipping, Pitch shots, Green Side Sand Shots, and Trouble Chips & Review. **5 weeks**

Mondays: June 2, 9, 16, 23, 30 (Rain date –July 7)

(1240) 5:30 p.m. – 6:30 p.m.

Fee: \$100 per participant

INTERMEDIATE ADULT FULL SWING SERIES: Widow's Walk Golf Course (ages 18 and over)

Student to teacher ratio 6:1. This intermediate lesson series consists of (5) one hour sessions, tailored to experienced golfers or students that have completed an introductory golf program. One session will be dedicated to each of the following topics: Swing fundamentals, Ball Flight Laws, Iron Play, Wood Play, & Review. **5 weeks**

Mondays: June 2, 9, 16, 23, 30 (Rain date -July 7)

(1241): 6:30 p.m. – 7:30 p.m.

Thursdays: June 12, 19, 26 & July 10, 17 (Rain date -July 24) (No Class July 3rd)

(1242): 11:00 a.m. – 12:00 p.m.

Mondays: July 28, August 4, 11, 18, 25 (Rain date -September 8)

(1243): 5:30 p.m. – 6:30 p.m.

Fee: \$100 per participant

ADULT FITNESS PROGRAMS **ADULT HEALTH AND FITNESS**

Catch the spirit and wellness wave here at Scituate Recreation. We have some of the South Shore's finest fitness instructors using state of the art equipment ready to guide you on your way to a healthier you. Whether you are a beginner or a seasoned athlete we have a class for you. "Drop in passes" may be purchased for \$10 each to try a mix of different classes or if you want to add a workout here & there to your schedule. If you are unsure about a class & would like more information on a "one-class free pass" please call the office for specific classes. Come find the inspiration you've been looking for to help you achieve your personal goals!

ADULT FITNESS DROP IN PASSES: Passes must be purchased in advance and are available in any quantity in the Recreation Office. Passes are available for the following programs: Adult Karate, F.I.T. (Functional Intensity Training), Exercise Ball Class, Boot Camp, Restore the Core, Stationary Cycling, Yoga and Zumba.
Fee: \$10 DROP IN /CLASS EXCEPT KARATE \$15 DROP IN/CLASS

ADULT YOGA: Scituate Harbor Community Building. Come join us for an hour of gentle stretching, mindful movement, and guided relaxation. Relieve stress, gain flexibility, strengthen muscles, and foster your mind body connection during this fun and easeful class. All experience levels and body types welcome! Please wear loose and comfortable clothing and bring a yoga mat. **Instructor: Gita Brown, MM, MT-BC** see gitabrown.com for more information about your teacher.

(1244): Thursdays: June 12 through July 31, 2014	9:00 am - 10:00 am	Fee: \$60- 8 weeks
(1245): Thursdays: September 4 through October 2, 2014	9:00 am - 10:00 am	Fee: \$38- 5 weeks

GENTLE POWER YOGA: Scituate Harbor Community Building. This class will incorporate breath work with strengthening movement and bring awareness to individual abilities. You will gain strength and flexibility while finding your inner power and strength through instruction, suggestion and demonstration. Everyone can do yoga and this class is available to ALL levels. Find the joy in movement, keeping your body fit and your mind calm! Wear comfortable clothing and bring a yoga mat and water. **Instructor: Leslie Payne, CYT**

(1246): Tuesday: June 17 through August 19, 2014	8:15 am - 9:15 am	Fee: \$75- 10 weeks
(1247): Thursday: June 19 through August 21, 2014	7:00 pm - 8:00 pm	Fee: \$75- 10 weeks
(1248): Thursday: September 4 through October 2, 2014	7:00 pm to 8:00 pm	Fee: \$38- 5 weeks

EXERCISE BALL WORKOUT WITH WEIGHTS: Scituate Recreation's Multi-Purpose Room. Do you own an exercise ball and don't know how to use it? Then come and sign up for a motivating, challenging one hour resistance training workout. Tone your body, strengthen your core muscles, increase your flexibility, and improve your coordination through this stability workout on your exercise ball. Hand weights will also be used to enhance your workout. All levels welcome. Please bring your own exercise ball. **Instructor: Sarah Lannon.**

(1249): Sundays: June 22 through August 24, 2014	8:00 am - 9:00 am	Fee: \$55- 10 weeks
(1250): Thursdays: June 26 through August 28, 2014	6:50 am - 7:50 am	Fee: \$55- 10 weeks

(1251): Sundays: September 7 through October 12, 2014 (No class 10/5) 8:00 am – 9:00 am **Fee: \$28- 5 weeks**

THE ULTIMATE MIX OF STRENGTH AND ENDURANCE: Scituate Recreation Multi-Purpose Room Cardio and Resistance training. ½ hour of weight training and core work using an exercise ball and hand weights followed immediately by a ½ hour spin ride. **Instructor: Sarah Lannon. 12 weeks**

(1272): Mondays: June 23 through September 29, 2014	7:30 am to 8:30 am	Fee: \$98
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ZUMBA: Monday-Scituate Recreation Multi-Purpose Room/Thursday-Scituate Harbor Community Building



The latest rage in fitness and weight loss! Zumba fuses Latin rhythms and easy to follow moves to create a dynamic workout. The routines feature fast and slow rhythms to tone and sculpt your body while combining fitness and fun. **Instructor: Sandy Guyette.**

(1252): In the MPR, Mondays: June 23 through August 11, 2014	7:00 pm to 8:00 pm	Fee: \$50- 8 weeks
(1253): In the SHCB, Thursdays: June 26 through August 14, 2014	5:50 pm to 6:50 pm	Fee: \$50- 8 weeks
(1254): In the MPR, Mondays: September 8 through October 6, 2014	7:00 pm to 8:00 pm	Fee: \$32- 5 weeks

RESTORE THE CORE: Scituate Harbor Community Building. This progressive mat class focuses on form and function, restoring the strength of the abdominal wall, postural muscles and pelvic floor using one's own body weight and resistance equipment. Restore the Core is designed for men and women of all ages and fitness levels and offers stress management through deep breathing techniques. With proper training and regular attendance, you can retrain your core muscles. As you get stronger the exercises will continue to challenge. The result is a slimmer body and no lower belly sag! Make the change you have been talking about and enjoy an hour focusing on your health! Please bring a bottle of water and yoga mat to class. **Instructor: Denyce Holley, AFAA Certified Instructor. 12 weeks.**

(1255): Tuesdays: July 8 through September 23, 2014 from 9:30 am- 10:30 am

Fee: \$66

(1256): Fridays: July 11 through September 26, 2014 from 9:30 am- 10:30 am

Fee: \$66

PILATES: Scituate Harbor Community Building. Whether new to Pilates or advanced, this one-hour class will provide a total body workout drawing on the extensive classical repertoire of Joseph Pilates. Pilates uses a balanced approach of mat exercises that focuses on your core muscles while utilizing every muscle in your body. You will gain strength and flexibility, improve your posture, engage your mind, reduce your stress, and create long, lean muscles without bulking up. Pilates is great for golfers and tennis players who want to increase core strength to add power and control to their swing. No props are required, just gravity and your body's own resistance. No experience is necessary as modifications are available for all exercises. Please bring a mat. **10 weeks. (No class 7/23 & 8/27)**

Instructor: Jane McGovern, Balancepoint Studios Certified Associate Teacher.

(1257): Wednesdays: July 9 through September 24, 2014 from 7:00 pm - 8:00 pm

Fee: \$55

NOT YOUR AVERAGE BOOT CAMP: ALL LEVELS OF FITNESS WELCOME: Scituate High School Track.

This is an outdoor interval training program! Includes cardiovascular and muscular conditioning drills and exercises. Utilizing medicine balls, lunges, burpees, hills, push-ups, sprinting and bleachers. This program builds on muscle confusion through plyometrics, fitness games and core strengthening. Bring your running shoes and water bottle. You will inspire and be inspired by others. Anything and everything is fair game in this total body workout! Instructors: Jen Rooney and Suzy Murray. **(No class 7/4)**

(1258): Mondays: 6/2 – 8/4/14 6:00 to 7:00 am

(1259): Mondays: 6/2 – 8/4/14 6:30 to 7:30 pm

(1260): Wednesdays: 6/4 – 8/6/14 6:00 to 7:00 am

(1261): Fridays: 6/6 – 8/15/14 6:00 to 7:00 am

**** (1263): Saturdays: 6/7 – 8/9/14 7:30 to 8:30 am ** DESTINATION BOOT CAMP (SEE BELOW)**

Fee: \$55 per participant (10 weeks)

(1262): Mondays: 8/18 – 9/22/14 6:00 to 7:00 am

(1264): Mondays: 8/18 – 9/22/14 6:30 to 7:30 pm

(1265): Wednesdays: 8/20 – 9/24/14 6:00 to 7:00 am

(1266): Saturdays: 8/23 – 9/27/14 7:30 to 8:30 am

Fee: \$33 per participant (6 weeks)

**** DESTINATION BOOT CAMP: ALL LEVELS OF FITNESS WELCOME**

We are bringing interval training program to your favorite Scituate outdoor locations! Please see below for a tentative schedule of class locations. Instructors will confirm meeting locations on the first day of the session.

(1263): Saturdays 6/7-8/9/14: 7:30 to 8:30 am

Date	Location	Date	Location
June 7	Peggotty Beach	July 12	Egypt Beach
June 14	Minot Beach	July 19	Conservation Park/ AJ McEachern Trail
June 21	Peggotty Beach	July 26	Minot Beach
June 28	Peggotty Beach	August 2	Scituate Harbor Morrill Bandstand
July 5	Scituate Maritime Center	August 9	Egypt Beach

SCITUATE STATIONARY CYCLING

Scituate Recreation Multi-Purpose Room at Scituate High School.

Get in shape the fast and affordable way! Our cycling program offers the best, certified instructors on state of the art Schwinn cycles accompanied by motivating music. Stationary cycling is a unique program emphasizing individual needs, regardless of age or fitness ability.

(We DO meet holidays and vacation week)

Instructors: Maggie Cadigan, Sarah Lannon, Erin Culbert

CRANK OF DAWN: Start your day off right with this high energy cycling class. Head out on a journey without leaving the spin room with this simulated road ride using fast flats, steady hills, sprints and interval training. No drafting allowed in this class! **Instructor: Maggie Cadigan. 15 weeks**

(1267): Mondays: 6/23 – 9/29/14

5:45 am to 6:45 am

Fee: \$123

(1268): Tuesdays: 6/24 – 9/30/14

5:45 am to 6:45 am

SPIN CYCLE: Ride from the shoreline to the hills in this journey that is designed to provide you with the optimum in fat burning and strength building. This ride will simulate varied terrain as you tackle rolling hills, sprints and other drills to give you a great interval workout. **Instructor: Maggie Cadigan. 15 weeks.**

Fee: \$123

(1269): Wednesdays: 6/25 – 10/01/14

9:15 am to 10:15 am

(1270): Fridays: 6/27 – 10/03/14

9:15 am to 10:15 am

CHAIN REACTION: Whether you're a serious cyclist or just love the calorie burn of cycling, this is the class for you! This high energy ride will take you to a new level of fitness. Come on in and reap the benefits!

Instructor: Erin Culbert. 15 weeks

(1271): Wednesdays: 6/25 – 10/01/14

4:00 pm to 5:00 pm

Fee: \$123

THE ULTIMATE MIX OF STRENGTH AND ENDURANCE: Cardio and Resistance training. ½ hour of weight training and core work using an exercise ball and hand weights followed immediately by a ½ hour spin ride.

Instructor: Sarah Lannon. 15 weeks.

(1272): Mondays: 6/23-9/29/14

7:30 am to 8:30 am

Fee: \$123

BEGINNER CYCLE CLASS: Have you always wanted to try a cycle class but were "afraid"? Or you thought that you simply could not do it? Then sign up for this 45 minute introductory class. You will learn the proper form and correct technique for riding a spin bike. You will be able to ride at your own pace all while getting a great cardio workout.

Instructor: Sarah Lannon. 15 weeks.

Fee: \$90

(1273): Mondays: 6/23 – 9/29/14

5:30 pm to 6:15 pm

INTERVAL CYCLING: This ride has it all! Rolling hills, sprints, jumps, strength building, endurance and a whole lot of energy. Don't miss out on this great cardio work-out! **Instructor: Sarah Lannon. 15 weeks.**

(1274): Mondays: 6/23 – 9/29/14

6:30 pm to 7:30 pm

Fee: \$123

(1275): Wednesdays: 6/18 – 9/24/14

6:30 pm to 7:30 pm

THE ZONE: Get your weekend started with a ride that will get you in "the zone"! This class will challenge your strength and endurance with interval drills and awesome music! Get a jump start to your weekend and feel energized!

Instructor: Alternates. 15 weeks

(1276): Saturdays: 6/28 – 10/04/14

7:30 am to 8:30 am

Fee: \$123

JUST ADDED!- BASELINE CONCUSSION TESTING

Concussions in youth sports is a reality! This 1-hour session can help prepare and protect your student athlete's most important asset. Having a Baseline test in place is an invaluable tool used by doctors to determine the severity of a concussion and to provide proper treatment. Along with physical assessment, ImPACT? testing puts a strong foundation in place to manage the concussion properly and return your student athlete to school and to play. ImPACT? testing is a computerized neurocognitive exam that measures your child's cognitive abilities such as recall, reaction time and pattern recognition. The test takes approximately 35 minutes to administer. Test scores are stored on ImPACTS secure site and are password protected. Test results are provided to ImPACT Specialists if an injury is suspected. Players must be 10 years or older. **PLEASE REGISTER BEFORE MARCH 27th!**

(1282) Open \$42.00 Sat Mar 29, 2014 11:00 AM REGISTER ONLINE OR CALL SCITUATE RECREATION
(1283) Open \$42.00 Sat Mar 29, 2014 12:00 PM
(1284) Open \$42.00 Sat Mar 29, 2014 1:00 PM
(1285) Open \$42.00 Sat Mar 29, 2014 2:00 PM

CEILIDHE (KAY-LEE): Little People Room. A gathering of friends for mutual entertainment and enjoyment. Bring along a song or three, an instrument, an open heart and join in the fun. We meet the 3rd Friday of every month from 7:30 PM to 10:00 PM at the Recreation Department.

FIELD, BASKETBALL COURT, IN-LINE SKATING RINK OR BANDSTAND PERMITS:

If you are interested in using a Town playing field, Kazlousky Park (basketball courts), the PJ In-line Skating Rink or the Morrill Bandstand in Cole Parkway, permits must be obtained through Scituate Recreation. Applications are available in the office or online at www.scituatema.gov

SCITUATE RECREATION REGISTRATION FORM
(One per person)

A separate form is required for each participant. Please complete this form in full, including **ALL** requested information.
PLEASE PRINT CLEARLY

Participant Name: _____

Date of Birth: _____ **Age** _____ **Grade** _____
The grade would be the grade the child is entering in the fall of 2014.

T-Shirt Size: _____ (YS, YM, YL, YXL) (AS, AM, AL, AXL, AXXL)

Street Address: _____

City: _____ **State:** _____ **Zip:** _____

Home Phone: _____ **Work Phone:** _____

Cell Phone: _____ **Email Address:** _____

IMPORTANT! In an emergency situation, the above numbers will be called. Please provide additional Emergency Contact Information below in case we are unable to reach anyone at the above numbers.

Name: _____ **Relationship:** _____

Phone: _____ **different than those provided above!*

Medical Conditions (allergies, etc.): _____

Insurance Company Name: _____ **Policy #:** _____

*PROGRAM CODE	PROGRAM NAME	START DATE	FEE
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____

Non Resident Fee - \$5.00/program \$ _____

***CHECKS PAYABLE TO
THE TOWN OF SCITUATE**

GRAND TOTAL: \$ _____

PLEASE CONTINUE TO OTHER SIDE
RELEASE MUST BE FILLED OUT AND SIGNED TO PARTICIPATE
THANK YOU!

PARENTAL CONSENT, RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT
(IF UNDER 18 PARENT MUST FILL OUT)

I/We, the undersigned father, mother or guardian (circle or insert legal relationship to student, e.g., "parent," "guardian") of _____ (insert name of student) ("my child"), a minor, do hereby consent to my child's participation in voluntary athletic or recreation programs of the Town/ and /or Public Schools of Scituate (hereinafter "the Town").

I/We also agree to forever RELEASE the Town, a municipal corporation of the Commonwealth of Massachusetts, and/or the Public Schools of _____, the School Committee, and all their employees, officers, agents, board members, volunteers, Friends of Scituate Recreation, Inc., CORSE Foundation and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town ("the Releasees") from any and all claims, actions, rights of action, and causes of action, damages, costs, loss of services, expenses, compensation and attorneys' fees that may have arisen in the past, or may arise in the future directly or indirectly, from known and unknown personal injuries to my child or property damage resulting from my child's participation in the said Town and/or Public School's voluntary athletic or recreation programs which I/we may now or hereafter have as the parent(s) or guardian(s) of said minor child and which said minor child has or hereafter may acquire, either before or after reaching majority.

I/We also promise, to INDEMNIFY, REIMBURSE, DEFEND, and HOLD HARMLESS the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, including damages, costs and attorneys' fees, arising from personal injuries to my child or property damage resulting from my child's participation in the Town and/or Public Schools of _____ voluntary athletic or recreation programs or administration of first aid.

I/We further affirm that I/we have read this Parental Consent, Release from Liability and Indemnity Agreement, and that I/we understand the contents of this Agreement. I/We understand that my child's participation in these programs is voluntary and that my child and I/we are free to choose not to participate in said programs. By signing this Agreement, I/we affirm that I/we have decided to allow my child to participate in the Town and/or Public Schools' athletic or recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage my child or I/we may suffer in voluntary Town and/or Public School athletic or recreation programs. Permission is granted for any emergency medical treatment needed.

I understand and affirm that by registering my child for a Recreation program, I grant permission for SPS, Scituate Recreation and CORSE to use photographs of my child in CORSE, SPS and/or Scituate Recreation publications, materials and websites. If there is a need to avoid photos of your child, you must contact nlombardo@town.scituate.ma.us and put your request in writing. Every effort will be made to avoid photos in regards to this request, but it cannot be guaranteed.

Signature of Parent(s) or Guardian(s): _____

Of Student/Participant Name (Printed) : _____

Date: _____

RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT
(IF OVER 18 MUST FILL OUT)

I, _____, in consideration of my being allowed participate in _____, do forever RELEASE, acquit, discharge and covenant to hold harmless the Town of Scituate ("Town"), a municipal corporation of the Commonwealth of Massachusetts and the Friends of Scituate Recreation, Inc., CORSE Foundation and its successors, departments, officers, employees, servants, volunteers, attorneys and agents, of and from any and all actions, cause of action, claims, demands, costs, loss of services, expenses and compensation on account of or in any way arising out of, directly or indirectly, all known and unknown personal injuries or property damage which I may now or hereafter have or may acquire, resulting or to result from said participation in the aforementioned activities. Furthermore, I hereby agree to protect the Town and its successors, departments, officers, employees, servants, volunteers, attorneys and agents against any claim for damages, compensation or otherwise arising out of or resulting from any injury to any party in connection with said participation in the aforementioned activities and to INDEMNIFY, reimburse or make good to the Town or its successors, departments, officers, employees, servants, volunteers, and agents any loss or damage or costs, including attorneys' fees, which the Town or its representatives may have to pay if any litigation arises from said participation in the aforementioned activities. Permission is granted for any emergency medical treatment needed.

Witness Signature: _____

Participant Signature: _____

Date: _____

THIS FORM MAY NOT BE ALTERED

19th Annual PJ Steverman Golf Classic



A benefit for the Friends of Scituate Recreation

Date: Friday, September 12th, 2014

Widow's Walk Golf Course

6:00 pm, Dinner, Silent & Live Auction and Raffle

Foursome: \$500.00

Hole Sponsorship: \$150.00

Dinner Ticket only: \$40.00

For more information, please call, 781-545-8738 or visit: www.pjstevermangolf.com



UPCOMING EVENTS

SCITUATE HARBOR "MUSIC CONCERT"

“The Gathering” gets ready to rock Scituate Harbor in the 21th annual Scituate Harbor Summer Music Series sponsored by *The Friends of Scituate Recreation*.

The show is **Saturday, July 5, 2014 from 4-6:30 pm at the Morrill Bandstand**. Admission is **FREE** and features music for all ages. **“The Gathering”** is a horn driven, high energy, eight piece band fronted by Steve and Stephanie Chase(Mama Steph) along with their sons Matt and Sam Chase.

Some seating available. Lawn chairs welcome.

“Listen to the Music”

NOTES:

*** SUMMER PROGRAM REGISTRATION WILL OPEN TUESDAY, APRIL 1, 2014 AT 7:00 PM AT WWW.SCITUATEMA.GOV/RECREATION-DEPARTMENT**

